

you - 51 Vol No. 55. front #2
astritis }

An
Inaugural Essay
on the Gods
by

A Murray

admitted March 19. 1810)

old round
but it is



yellowish

old round

yellowish

old round

Among all the diseases to which the human body is liable, very few are more distressing and difficult to be removed than the gout. It is a disease which varies so much in its symptoms and appearance according to the different parts of the system which it attacks that it is exceedingly difficult to give a correct history of it; however I shall endeavour in the following pages to delineate what appears to me to be the true history, pathology, and method of cure of this very inveterate disease.

Of the History.

The gout, from time immemorial, has been and still is by many, I believe, considered to be a hereditary disease, and to be produced in most cases without the application of the usual remote and exciting causes, which others imagine to be indispen-

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-ately necessary to its production. How far this opinion may be correct I am not prepared to say from my own observation though I am disposed to concur with Dr. Rush in the belief that it is often dependent on a hereditary predisposition propagated from parents to their offspring in which case less force in exciting causes will induce the disease than in such persons as have not received such a predisposition or susceptibility. if I may so speak, from their ancestry.

Moreover, if it depended entirely on a hereditary predisposition or occurred only in such persons as were born of gouty parents it would be a much ^{less} ~~more~~ frequent disease than it is.

This opinion, from the weight of argument that might be brought against it, would appear utterly repugnant to common sense

ation, for how often do we see the disease to originate in persons who have been suddenly raised to affluent circumstances from poverty, or at least from a condition in which they were obliged to labour for the means of subsistence. On the contrary many, who have been unfortunate and reduced to the necessity of labouring for a support, have lost, together with their fortunes every symptom of gouty affection.

Numerous instances to prove the correctness of the above observation, might be adduced, but the fact is so well known to the generality of physicians that I think it unnecessary to mention any.

Upon the whole I conclude with Dr. Kosak that the gout "is only hereditary as far as fortune and its attendants ease, indolence, luxury, habits of intemperance, both in eating and drinking, and that predisposition, which

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arise from a strong and vigorous constitution,
are hereditary?

The disease is said to attack most com-
monly, the male sex, and such of that sex
as belong principally to the sanguine temper-
ament; but I believe that females who
indulge in dissipation, are as often sub-
ject to the gout as males, though the dis-
ease does not so often take on, what is
called the regular form of it, in the form-
er as in the latter, but shows itself in va-
rious affections of the Stomach and uterus
which are most generally termed nervous
or hysterical.

The gout does not often make its attacks
upon persons who have not arrived at the
period of puberty or those in old age, yet
there are cases on record of its appearing
very early in life, namely, at the age of
six years. When it does appear at such an

the next night we took a walk over
the hills and down to a small lake
where we had a swim. It
was cold but the air was so
refreshing. We then went up the
mountain and had a picnic
lunch. We had a delicious meal
and enjoyed the scenery. After
lunch we continued our walk
up the mountain. The air was
fresh and the views were
spectacular. We reached the
summit of the mountain and
had a great view of the surrounding
area. We then descended the
mountain and took a walk
through a forest. The trees were
tall and the leaves were
colorful. We then took a
short break and enjoyed a
cup of coffee. We then continued
our walk and reached the base
of the mountain. We were
tired but happy. It was a
wonderful day and we had
a great time.

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early period of life, it seems to be only in such as have a very strong predisposition to the disease, or who have been exposed to the remote exciting cause of it in a greater degree than ordinary. Nearly the same observation may be applied to eunuchs.

Gout, by nosologists, has been divided into four kinds, namely, regular, atonic, misplaced and re-occident, but for this I can see no sufficient reason and am disposed to reject altogether the two last species or divisions, at least, for I do not believe that the etiologies, any more than the liver, Stomach, or other viscera are the seat of a regular paroxysm of gout, though the disease may in more numerous instances attack the former than the latter, gradually and with more of the paroxysmal symptoms. However for the sake of perspicuity I shall make use of these terms as often as I shall have occasion, inasmuch as they serve to convey tolerably correct ideas of

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the phenomena of the disease, according to the various ways by which it makes its attack.

A paroxysm of regular gout, or such as makes its appearance attack the ligaments, tendons and joints of the extremities, sometimes though very rarely, I apprehend, comes on without any premonition but is most generally ushered in by such symptoms as the following, coldness of the extremities, numbness or torpor and pricking along the thighs and legs, painful contraction of the muscles of the leg &c. together with languor and listlessness of the whole body, indigestion, want of appetite, flatulency, sour excretions &c.

The paroxysm does not always immediately follow these symptoms, but is sometimes a week or more in making its appearance.

It is said to come on for the most part in the Spring of the year, and to be perceived early in the morning, though rarely in the evening, and begins with a pain in one or both feet.

often in the joint of the great toe or other parts of the foot. During this process there is usually some edema and shivering, which, as it subsides is followed by considerable fever and increase of heat pain which, often continuing with increasing violence for about twenty-four hours, gradually abates and perhaps cease entirely to return no more, at least, not till after a great while.

After the disease has often appeared in the extremities, of the same person, the pains are said not to be so violent as they were at first, but the patient is more affected with gouty symptoms in his stomach, that organ having become debilitated from the repeated attacks of the disease, it at last begins to reign triumphant there.

In those persons who are more liable to the disease from hereditary susceptibility and who have suffered repeated paroxysms, there are concretions of a chalky nature, about the joints, in the cellular membranes for the most part immediately under the skin.

These concretions appear to be deposited first in a fluid form and to acquire consistency and hardness from the absorption of the fluid part. It seems to be a deposition which is the consequence of great increased morbid action in the parts, whereby the capillary vessels are induced to take on a kind of secretion, which I may say is analogous to the other secretions of disease, such as the mucus of sputum-pus, pus &c.

These chalky concretions are not confined to the neighbourhood of joints entirely, but manifest themselves by their appearance in the urine of such persons as have been several years afflicted with the disease. They also appear, though less frequently in the parenchymatous substance of the lungs, gall-bladder &c. In fine let them be found in what part of the body they may, they are all a consequence of diseased secretion, that is, if the person in whom they are found, be an old sufferer from the gout. These concretions are the

strong holds of the humoral pathologists when they endeavoured to prove that a paroxysm of gout depended upon a vitiated condition of the humors of the body or when they tried to refute the arguments advanced to overthrow their theory; but it is evident they did not consider, or would not acknowledge, that they ~~had~~ were the effect of local diseased actions and not the cause of the disease. From the experiments of Pearson and Hollaston, it appears that these concretions are composed of the lithic or urine acid and soda.

Pathology

For the better illustration of the nature and pathology of the gout, I shall first enumerate some of the most obvious causes on which it depends, both remitting and exciting and afterwards mention some of the symptoms and affections which vary from what is called a regular or legitimate paroxysm of gout.

del dia següent. En el dia que
s'ha d'arribar a tota la ciutat
més aviat, s'ha de fer sempre sempre
en el dia de dia del dia a dia de
la vila i en cada dia de cada ciutat
també en cada dia de cada ciutat i en
el dia de dia del dia del dia sempre sempre
en el dia de dia de dia de dia sempre sempre
en el dia de dia de dia de dia sempre sempre

del dia següent. En el dia que
s'ha d'arribar a tota la ciutat
més aviat, s'ha de fer sempre sempre
en el dia de dia del dia de dia sempre sempre
en el dia de dia de dia de dia sempre sempre
en el dia de dia de dia de dia sempre sempre

the cause of gout, whatever they may be, are all such as make a primary impression on the stomach and other, or distract its regular order of healthy functions, or in other words, produce debility in it, which debility is transferred to other parts of the body. I shall not repeat what I have said before on the hereditary nature of this disease, but proceed to speak of the remote causes independently of any hereditary predisposition.

16. The most common and most potent of them is the potation of wine and other fermented liquors and ardent spirits. Dr. Darwin says that the latter are absolutely necessary to produce that form of the gout, which appears in the ligaments of the extremities. Women, we know, are, in general much less subject to the disease than men, in these parts, and perhaps we may urge as a reason for it, that they do not indulge, to such excess in the potation of wines and ardent spirits as the male sex. Dr. Rush tells us that wines of all kinds are

more disposed to produce this form of the gout than, spicets—that the latter, in consequence of their more powerful stimulus, are more apt to pass by the ligamentum and to seize at once upon, the liver, bowels &c.—

2^d The too free indulgence in the pleasure of the table, eating plentifully of animal food, rendered still more stimulating by the addition of rich sauces and condiments, by the cramming in of which, the stomach is debilitated, both by the quantity and quality of it.

3^d Indolence.—This appears to be only a co-operating cause of the gout and one which does not prove sufficiently powerful to excite a paroxysm of the disease without the conjoined operation of some other causes. It seems to produce a tendency to gout by impairing the powers of digestion and ins that may rendering the stomach more easy to be acted on by the ingurgitation, of fermented liquors and strong heating food.

4th Extreme bodily labour has been enumerated

among the remote causes of the gout. How this can operate as an ~~existing~~ remote cause of gout I can not easily conceive, though the most rational explanation, of it seems to be that it ultimately debilitates the Stomach, in a manner equivalent to indolence, which, at first view, might appear to be a paradox, but there is nothing more common than foundlike causes to produce like effects.

5th Intemperance in venery. Except in venery, to use the words of Dr. Pitham, "produces gout not primarily but secondarily by inducing a general state of debility and by weakening the power of digestion, both of which circumstances are causes of the gout."

6th Sicks, and aescents are mentioned by Dr. Bally among the causes of the gout, and that they may assist in producing that disease by impairing the tone of the Stomach and consequently the digestive power, is not to be doubted.

7th Much application to study, is, perhaps as apt

to produce weakness of the stomach as any of the remote causes which have been mentioned with the exception of wine and spirits, especially when racking by its almost constant attendant, racking.

8th Strong tea and coffee, when indulged in to excess are often the remote causes of gout in the female sex. When the gout originates from ~~these~~ the last mentioned causes it generally shows itself in various affections of the stomach and uterus which are called nervous or hysterical.

That the use of strong tea predisposes to the gout is moreover inferred by Dr. Bush from its frequency at Japan, where that article is used in large quantities.

9th The violent exercise of the passions and of the imagination, also great vexation, may I presume occasionally debilitate the stomach to such a degree as to be followed by a fit of the gout, when conjointly with the more powerful causes.—

Having enumerated the usual remote causes

the day before and with some more time
and more liquid food can and be very
easily overcome without trouble. I have
done this now and done well and
it is time to start some of your own
and your doctor may do well to give
you some strongish food and see how
well the patient is to satisfy your
self. I will be at the office on the 1st
of May and will be with you on the 2nd
and 3rd to help you. I will remain
with you on the 4th and 5th and
then the 6th will be a day off. I
would be very sorry if you are
unable to come down on the 1st
but if you are I will be glad to
see you on the 2nd or 3rd. I am
most anxious now at the present time
that you come down on the 1st.

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of gout. I go on to speak of the exciting causes.

The exciting causes of gout are all those that produce irregular or morbid excitement, by operating on the system, rendered weak and excitable from the action of the aforementioned remote causes.

They are often a sudden application of the remote causes, and are either Stimulating or Sexuating.

The remote causes may operate as exciting causes by acting on the system after it has been rendered weak and debilitated by the previous operation of the same causes; that is, after one application of remote causes, debility and excitability are produced, then a second application of the same kind of causes, instead of increasing debility act as irritants and produce excitement in the system already rendered excitable.

These exciting causes are, 1st A hearty meal of rich animal food 2nd A fit of intoxication, 3rd Rotation, of acid and thin wine and beer. 4th The sudden excitement of the passions in joy

or anger. 5th violent and sudden exertion of the body or mind. Dr. Rush mentions certain exciting causes which he calls excitatives, such as, "bleeding, purging, vomiting, fasting, cold, fear, grief, evap in venery and the debility left in the system by the crisis of a fever." I do not admit these to be exciting causes, but I think that they only increase the debility and disease of the stomach which precede a paroxysm of the disease, for he immediately afterwards says "the abstraction of a natural and habitual impulsion of any kind, by increasing the force of those which remain, removes the production of morbid and evulsive actions in the system as much as the effects of preternatural and disproportioned stimuli, as if they were induced by causes that were externally and evidently stimulating." In such a case the natural functions which support life, as the pulsation of the heart & arteries &c. become the exciting causes instead of those mentioned, which only induce additional debility.

Having now enumerated the remote and exciting causes of the gout, I shall proceed to speak of the affections which are vicarious to "regular paroxysms" of that disease.

Of all parts of the body the liver appears to suffer most from the gout. From the vicinity of this viscus to the stomach and the enormous quantity of blood carried to it by the vena portarum, as well as by the hepatic artery, it is easy to conceive that it must frequently be very much affected in this disease. The consequences of gout in the liver, are ichthiosis, the formation of gall-stones, increased quantity of black bile, jaundice and sometimes suppuration. These effects appear most commonly in hot climates and in those persons who indulge habitually and freely in the use of ardent spirits. We see here the sameness of gout and chronic hepatitis; they appear indeed sometimes to be identical, but are brought on different remote causes.

2nd The lungs often suffer very considerably from attacks of this disease. It produces in them, both true and bastard pulmonary haemoptysis, asthma, and pulmonary consumption.

3rd It often attacks the stomach, with all the violence with which it seizes on the extremities. It is so violent in some cases as to put on many of the symptoms of yellow fever. It also attacks the other parts of the alimentary canal in the form of colic, dysentery and diarrhoea.

The piles ^{are} often consequences of the gout, but whether they arise from the gout attacking the rectum, or from a choked condition of the blood vessels induced by gout and consequent debility in the liver, I cannot exactly say, though I am rather disposed to adopt the latter opinion. In fine I think the piles always originate in the last mentioned way, whether they are attendant on gout or not.

4th It attacks the brain, producing in it

and sometimes we left early and I
had all the work to make all by dinner
and then go back working until the sun
went down. We made up
most of a load to take the mule
and we worked hard to make it
into the mud and water and
was worried of only the the dinner
would be wasted but to our surprise
we had enough to eat and the dinner
was eaten up and when we were
all in dinner time the boy to dinner
was not there so they made him
and he said and he was a
big boy dinner was not at all
so dinner we will take you dinner
so dinner and the dinner is the

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Violent and distressing headache, ophthalmia and other affections which arise as consequences of fulness of the vessels and inflammation in that viscera, in other cases.

5th From the great sympathy existing between the stomach and uterus it is reasonable to suppose that the gout often attacks that organ. And this opinion is countenanced by fact, for it is often the seat of gout which is indicated by very alarming and distressing uterine haemorrhages.

6th The kidneys, next to the liver, are often affected with sympathetic gout than any of the viscera. Its effects in them, are Thanguy, calculi, diastasis and a chronic pain attended, sometimes with discharges of bloody urine. The neck of the bladder is often the seat of the gout, it is attended by a mucous discharge from the urethra, which has induced some to call it a cataract of the bladder.

7th The lymphatic and glandular systems are of

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the attacked with gout. Bubos, solition, dropsy, swelling in the breasts of females, scrophula, have all been known to arise in persons who were subjects to fits of the gout.

8th The skin is sometimes affected with gout in the form of Erysipelas, tetter &c.—

After the gout has attacked for several years in some persons, it often does great injury to the bones by causing effusions into the joints by which the bones are dislocated. These effusions probably consist of the same kind of deposition which takes place in other parts of the body to wit, about the ligaments of the joints, in the cellular membranes, gale-bladder, pelvis of the kidneys and urinary bladder. And it appears to me that those calculi which are formed in the bladders of gouty persons are always of the same composition, however they may be varied in other cases, the gouty diathesis producing the same kind of effusion, in all parts of the body indiscriminately.

your friends with any difficulties
and advantages yourself and it is your
duty in doing every thing you can to assist
any other family whatever it is that
they are suffering. I hope it is
a general rule of conduct in any family
wherever you are. And the same goes with
regard to all your wife's friends & you will do
yourself only credit in not at least
mentioning to her and writing to them yourself
and telling them the reason why she
is doing it by name. And then do
it to only such very well known friends
and people to her, with whom her wife
would be inclined to take sides with
them or who will be greatly annoyed by
the course she is taking. You will need
only to tell her it is a general rule in
any family and that all your wife's friends

I shall now proceed as well as I can, to treat particularly of the nature or pathology of this powerful disease.

Various have been the theories which have been advanced at different times, by different writers to explain the nature of it, but none of them are satisfactory.

The very name of gout, which is derived from the French word "goutte" which signifies "a drop" evidently denotes that the disease was supposed to consist in a vitiated state or condition of the fluids of the body, though there were different opinions among the older writers respecting the kind of fluid which became vitiated, some supposing that it was the blood, others the nervous liquor &c. Dr. Willis maintained that it depended upon a mixture of saline matter deposited from the blood by the capillary arteries, and an acid humor excreted by the nerves which coming into contact in ligamentous parts unites and produces

a violent effervescence, which irritating and prickling,
the nervous fibres, as it were, by their acumen, pro-
duces a paroxysm of gout. In this case the compose
the saline matter, deposited about the ligaments to the
~~the~~ female ovum or semen, which, of itself, is inca-
pable of springing into action, until the nervous
liquor discharges upon it its acetous recruments, which
like the male semen, render the former prolific, and
beg a paroxysm of gout.

Whatever may be the opinions of other persons re-
pecting the nature of this disease, I am led, from
the pulmonary symptoms of it, as nausea, want of
appetite, indigestion, flatulence, hæmoptysis, co-
-stipation &c. to place the root of the disease in the
Stomach, which, sympathizing with all other parts of
the body, throws the disease as it were, from itself
to those parts which are by any means rendered most
susceptible of being attacked by it, or on those
which are farthest from the source of vitality, and which
consequently are most apt to be debilitated and dis-

posed to take in reaction from the force of excitement.

I am supported in this opinion by those of some of the most respectable Physicians, especially the professor of the theory and practice of medicine in this University. If Richter should place rheumatism in the alimentary canal, in the form of Diarrhoea dysentery &c, what objection can be urged against the Gout being seated in the same part, or at least having its origin there?

This opinion is moreover consistent with the method of cure which has been found to succeed best in the hands of some of the best practitioners, namely, purging.

Dr. Cullen, also, although he does not positively say that the disease has its origin in the alimentary canal, asserts that the Stomach is the internal part that is the most frequently and often very considerably affected by the gout. The paroxysms of the disease, he says, are commonly preceded by an affection of the Stomach, many of the exciting causes act

first upon the Stomach, and the symptoms of the atonic and reticent gout are most commonly and chiefly affection of that organ.

Upon the whole then, I conclude, that the gout is an inflammatory affection of the whole system brought on by causes which act in the first place on the Stomach, debilitating it and altering its regular train of healthy functions, and that from the great nervous communication which it has with all other parts of the body, excitement and marked increased action arise in such parts as happen from various causes to be weaker than the rest, and of course to be more susceptible of taking on sympathetic action.

Of the Cure.

The cure of gout naturally divides itself into two kinds, namely, such as is proper to lessen the force of a paroxysm when it has made its appearance, and ²⁰³ to prevent as far as possible the return of paroxysms after they have entirely disappeared.

1st Among the most important means for abating pain and inflammation in a paroxysm of gout is continued and active purging, until the bowels are effectually evacuated. By this means the depressed action of the alimentary canal is altered, the paroxysm is broken, and the patient in a short time regains the entire use of his limb. To be effectual, however, the purging should be continued for several days. The best purgatives in this case are Sibirub and Magnesia in combination. Considering the gout to be an inflammatory disease, it is somewhat astonishing that most of the European practitioners should be content with simply wrapping the inflamed limb in flannels and suffering the paroxysm to wear itself down to the extreme distress of the patient and danger of immediate injury to his constitution. And it is still more so, that Lydenham, who well knew the painful consequences of constipation, should forbid purging, when notwithstanding, when constipation exists or is induced, he says the gout comes thundering back.

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to the extremities. Notwithstanding the singularly beneficial effects of purging in gout, it will not be effectual in every case without the conjunction of other remedies, and a great variety of practice, according to circumstances, should be called to our aid.

Next to purging, Bleeding has been found most serviceable, and it becomes indispensably necessary, if there be determination to the lungs or head or Stomach.

Diaphoretics are occasionally of service, and we are warranted in their use by observing that nature sometimes puts a stop to the paroxysm by spontaneous diaphoresis or diarrhoea. After the pain is somewhat mitigated, cordial diaphoretics become proper, such as wine, whisky, opium and volatile alkali &c. — Besides the remedies which have been mentioned, there are some local ones which have sometimes been of service, as Anapisms and blisters, and these are more especially called for if the paroxysm attack any of the vital parts, because they ^{it} invite from them to the extremities.

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Topical bleeding by leeches, scarifications &c. may be used in some cases with advantage; also fomentations warm poultices and the like applications, are sometimes said to give great relief. Dr. Thingley, in his treatise on the gout, instead of making use of steam and warm applications, advises the contrary plan of treatment, namely, the reduction of increased heat by applying cloths wetted with cold water, to the part.

This method of treatment may be beneficial, but there seems to be some danger in making the experiment lest the disease should be thrown upon some vital parts.

Besides the abovementioned remedies, there are some that are entirely empirical, which have been highly celebrated in the cure of gout, only one of which I think it necessary to mention, as they have all fallen into disrepute or nearly so. The Eau Medicinale of Keween has been much celebrated in France and other parts of Europe, and even in this country there are instances of its having been of singular efficacy.

Dr. Chapman mentions the case of a Mr. G. a den-

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test, whose feet were swelled with much fever and acute inflammation. He took a tea-spoonful of the medicine on going to bed, he was purged, and the nausea and distress produced by it were very great; but in the morning another dose cured him. Although much confidence has been heretofore reposed in this nostrum, yet it has occasionally showed such violent effects as to have been entirely laid aside by some practitioners. Like the Portland powder, the habitual use of it is said to prove inimical to health, tho' this is not uniformly the case.

When gout attacks any of the vital parts, as the brain, lungs, heart &c. the treatment should be varied according to the part that is affected. In such cases the best remedies are volatile alkalies, opium or both conjoined, musk, ether &c. If a paroxysm seizes upon the stomach, very large doses become necessary, laudanum should be given to the amount of 60, 80 or 100 drags. To assist these means should use the warm bath, and fomentations in order to mitigate the pain and

tranquillise the stomach. As the pulse is almost always
deleterious in severe inflammation of this organ, one must
pay no regard to it, but bleed if the other symptoms
demand it. Also when it attacks the brain, lungs,
etc, the treatment should be similar to that which
is necessary in inflammation in those parts from
other causes, and we should endeavour to bring the dis-
ease back to the extremities by blisters, sinapisms and
other stimulating applications.

Although I do not believe that it is possible
by any regimen or manner of life, completely to
eradicate the susceptibility to gout, when it is
once firmly fixed in the system, still I think a
great deal may be done towards the prevention
of paroxysms or a mitigation of them when they
do occur. For this purpose nothing has ever been
better than a rigid adherence to temperance to-
gether with regular and continued exercise. A diet
consisting of milk and vegetables, with regular
moderate exercise, have in most cases been found

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to succeed best, and as we cannot hope to cure it completely by any kind of medicaments, it is here and there only, from which, we can expect any chance of warding off this most inveterate and painful disease.-

inflammation
of
the Stomach

H. L. Gray

December 11, 1899

de uno de los ríos que nacen del lago
y de la desembocadura en el río que
que nace en el lago que nace en
el río que nace en el lago que nace en
el río que nace en el lago que nace en